

SAVE the UTERUS! RELIEVE the WOMAN!

The uterus and ovaries are part of an intricate body system that regulates, produces and excretes hormones, as well as grows and births our daughters and sons. Sometimes something goes wrong. Too often modern gynecology suggests surgery to remove these vital organs.

The ancient Maya people discovered that a displaced uterus can cause many symptoms we commonly equate with “female trouble”. Their treatment was abdominal uterine massage to replace the uterus in its proper position. The body then brings the systems back to homeostasis allowing the woman to once again enjoy a healthy wellbeing.

There are many symptoms whose cause is a displaced uterus.

When the uterus is displaced congestion in the female organs and surrounding tissues is the result.

A displaced uterus can not empty completely. Waste products from the prior menses build up. The uterus produces strong contractions during the next cycle in an attempt to empty itself causing moderate to severe cramping and pain. The withheld toxins can produce headache, PMS, infection, polyps, endometriosis, etc.

When congestion is present the hormone loop – communication between the ovaries and the hormonal glands in the brain - is interrupted. Irregular periods, hormone disturbance and fertility issues can develop.

Symptoms of a Displaced Uterus

Menstrual symptoms include painful periods; late, early or irregular period; dark thick blood at the onset or end of menstruation, excessive bleeding and clots during menses, headache or migraine with menses and PMS.

Urinary symptoms include frequent urination, bladder infections and incontinence. **Ovulatory symptoms** include failure to ovulate, irregular ovulation and painful ovulation. **Circulatory symptoms** include varicose veins of the legs and hemorrhoids; tired weak legs, numb legs and feet especially while standing. **Musculo-skeletal symptoms** include sore heels when walking and low back ache.

Symptoms of congestion include endometriosis, uterine polyps, uterine fibroids, uterine infections, vaginal yeast infections and vaginitis, painful intercourse and unresolved pelvic pain.

Other symptoms include constipation, difficult menopause and cancer of the cervix, uterus or colon can all be related to a displaced uterus.

A uterus that is lying incorrectly in the pelvis can put pressure on the bladder causing incontinence or on the colon causing constipation. It can also cause backache. Varicose veins may result from this congestion in the pelvic region that backs up the blood flow from the legs.

The Arvigo Techniques of Abdominal Uterine Massage work to restore the uterus to the proper position. Depending on the severity of the symptoms relief comes after one treatment or may take up to three months or so of regular treatments to resolve.

*Hearth & Home Midwife
Anne Hirsch, LM, Certified ATMAM
(727) 452-6188*

This modality includes the use of herbal formulas from the rainforest in Belize. They are simple effective adjuncts to support the uterine massage. The female tonic is a uterine levage which helps the uterus to empty out old tissue. The vaginal steam warms the pelvic region while the essential oils help to nourish and heal the organs.

Rainforest remedies are made from sustainably harvested plants. In addition, Dr. Arvigo has received permission to collect plants from the land that developers are already going to clear, so that those medicinal plants are not wasted. She seeks to educate people about the value of keeping the rainforest intact!

Practitioners are now being certified in this age-old technique. Dr. Rosita Arvigo, DN learned these procedures from a traditional Maya healer, Mr. Don Elijo Panti and Miss Hortense Robinson a traditional healer and midwife. She is developing these skills into a new profession, one that is sorely needed in our modern age.

The ATMAM – practitioner of Arvigo Techniques of Maya Abdominal/Uterine Massage must be a licensed healthcare practitioner. She participates in a thorough training and is an apprentice to Dr. Arvigo until she completes fifty treatments at which time she attends an intensive certification training and evaluation. There are six practitioners in Florida.

Maya abdominal massage can also treat prostate and other problems for men.

To learn more about this technique and how to find a practitioner in your area visit www.arvigomassage.com .